



The Psychologist's Eat-Anything Diet

Leonard Pearson, Lillian R. Pearson

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The Diet to End All Diets After you finish this book you will be able to: - Eat as much of your favorite foods as you want - Realize there are no forbidden foods and taboos - Free yourself and your entire family from the tyranny of food - Pleasure yourself with food and drink - Donate your scales to the Salvation Army - Throw away your calorie charts and diet lists - Forget about proteins, carbohydrates, fats and all the other diet standbys - AND STILL LOSE WEIGHT AND, EVEN MORE IMPORTANT, NEVER GAIN IT BACK! It may sound impossible, but it is absolutely true, as dramatically proven by the thousands of men and women who have benefited from psychologist Dr. Leonard Pearson's pioneering program. Here is the diet plan that works where all others fail. Here is the totally new concept that takes the pain out of weight loss and keeps all the pleasure in.

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